

Recipes

BATTLE CREEK
SANITARIUM
HEALTH FOODS

for
Everybody



YOU will find a new appreciation of the "joy-of-living," if you will give these foods a few weeks' trial in your home.

Sparkling eyes, a clear skin, bright cheeks, pleasing breath, are all results of right foods—marks of inner cleanliness.

These are foods for happy, healthy folks who want to keep well—health insurance for the future.

There are special foods for reducing, blood-building, diabetes, auto-intoxication, and other diet troubles. (See inner back cover).

All are a part of the famous Battle Creek Diet System. They represent the fruit of fifty years study of food needs in the world's finest nutrition laboratories.

Let these foods mean much to the future health and efficiency of your family. For growing children, men of affairs, busy housewives, these foods can have a real meaning. Try them, for your health's sake!

The recipes given in this booklet have been chosen as the most delicious and appetizing of scores presented for acceptance. Use these recipes to add variety to your menus.

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HEALTH FOODS FOR EVERYBODY

SAVITA is a vegetable extract, with a delicious mushroom flavor. Use it for soups, broths, and gravies. Savita, rich in vitamins, stimulates appetite and digestion. Wonderful for blood-building; it is so rich in food iron.

SAL-SAVITA COULD YOU POSSIBLY GET ALONG WITHOUT SALT? Of course you *wouldn't* if you *could*; and that's just the way you'll feel about Sal-Savita after you've tried it on your table. As delicate and flavorful as Savita, only in a form that enables you to sprinkle it on your dishes like salt.

• RECIPES •

BROWN SAUCE

¼ cup Flour 1/3 cup Strong
¼ cup Butter Cereal Coffee
1 cup Water 1 cup Strained
½ teaspoonful Salt Tomato
1½ tablespoonful Savita

Rub the flour and butter together. Heat the liquids, but not to the boiling point. Add salt and strained tomato. Pour the liquids over the flour and butter, stirring meanwhile. Add the Savita and let boil five minutes.

GOLDEN BOUILLON

2 pints Water 1 teaspoonful
2 scant teaspoons Celery Salt
Savita ½ teaspoon Salt
Place water, Savita and Celery Salt in pan and let simmer for five minutes.

SAVITA-CHEESE SANDWICHES

1 loaf Whole ½ cup Walnut
Wheat Bread Meats
1 cake Cream 1 head of Lettuce
Cheese ½ teaspoonful
Savita

Cream the cheese and Savita together until thoroughly mixed; add nut meats chopped fine. Serve on Whole Wheat Bread with lettuce leaf. Cut in triangular shape — or spread between Sanitarium Bran Biscuits.



BATTLE CREEK SANITARIUM

PROTOSE the vegetable meat. Looks like meat, tastes like meat, is meat of the finest kind. Makes delicious sandwiches, salads, meat pies, and roasts. Serve in any way you like meat. Rich in iron, lime and protein for body building.

CANNED VEGETABLES Packed without salt or sugar, the finest obtainable. Especially indicated for use in high blood pressure, various kidney troubles, diabetes and other conditions where a salt free diet is necessary. While salt has been omitted from these superior vegetables it may be added when desired.

BRAN BISCUIT Tasty and crisp; made of wheat gluten, bran, and flour, sweetened and mildly laxative. Rich in body-building food elements. Eat between meals or as a soup cracker; an ideal way to take your daily bran. Children like Bran Biscuit.

- RECIPES -

PROTOSE LOAF

Grind up $\frac{1}{2}$ lb. Protose 1 Onion
Beat up 1 Egg 1 cup ZO
3 tablespoonfuls Savita (diluted)
Stir all together, roll in loaf, place in pan and lay thin strips of cheese across the top, bake in oven until brown.

PROTOSE WITH ONIONS

Slice Protose $\frac{3}{4}$ inch thick. Place in buttered pan. Cover with sliced onion. Bake.

PROTOSE CROQUETTES

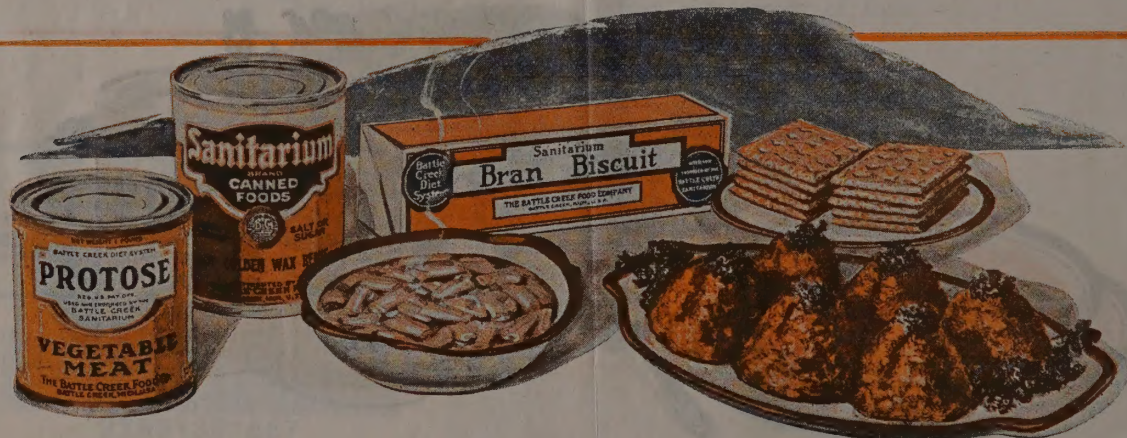
$\frac{1}{2}$ dry Onion $\frac{1}{2}$ lb. Protose
 $\frac{1}{2}$ cup Milk $\frac{1}{3}$ Green Pepper
2 Eggs

Chop the Protose, green pepper and onion. Mix in milk and beaten eggs. Roll in crumbs and shape into croquettes. Brown in oven. Sprinkle finely chopped parsley on top.

PROTOSE AND VEGETABLE SALAD

1 cup Diced Cucumber
1 cup Diced Protose
 $\frac{1}{2}$ cup finely Chopped Carrots
 $\frac{1}{4}$ cup Chopped Green Pepper
1 cup Cut Celery 1 cup Dressing

Combine all ingredients. Mix in dressing. Salt to taste. Serve on crisp lettuce leaves.



HEALTH FOODS FOR EVERYBODY

ZO The vitamin breakfast food, made from whole wheat and barley, enriched with the vitamin extract, Savita. Rich in blood, nerve, and body-building elements. Delicious with cream and sugar. Aids elimination—the all day food that makes red blood and vitality.

MELTOSE HONEY is malt sugar made from grains in syrup form. Like the sugar of fruits, Meltose can be used freely without harm. Use as a syrup or spread on bread for the children—they will like it.

FOOD FERRIN is a food iron that we all need, pleasant to the taste. One tablespoonful equals, in food iron, one pound of spinach. A wholesome blood-building food for everyone, and especially for babies and expectant mothers.

- RECIPES -

ZO COOKIES

$\frac{1}{4}$ cups Flour $\frac{1}{2}$ cup Nutmeats
 $\frac{1}{4}$ cups "ZO" $\frac{1}{2}$ cup Chopped Raisins; 1 Egg
 $\frac{1}{2}$ cup Shortening $\frac{1}{2}$ teaspoon Soda
 $\frac{3}{4}$ cup Sugar 3 tablespoons Milk
 $\frac{1}{2}$ tsp. Cinnamon 5 drops Vanilla
 Pinch Salt
 Cream sugar and shortening together. Add the well beaten egg and milk. Sift flour, soda, into the liquid mixture. Fold in raisins and "ZO." Drop from spoon on oiled tin, bake in quick oven.

MELTOSE HONEY, NUT AND BRAN MUFFINS

$\frac{1}{2}$ cup Bran 1 cup Flour
 $\frac{1}{4}$ cup Chopped 2 teaspoonfuls
 Nuts Baking Powder
 $\frac{1}{4}$ cup Meltose $\frac{3}{4}$ cup Milk
 $\frac{1}{2}$ teaspoonful Salt 1 tablespoonful
 Butter

Mix and sift dry ingredients, add nuts, milk, honey and shortening melted. Mix thoroughly. Bake in muffin tins about 25 minutes in a hot oven.

VITAMIN WAFFLES

$\frac{1}{2}$ cup Flour 2 teaspoonfuls
 $\frac{1}{2}$ cup Zo Baking Powder
 $\frac{1}{2}$ teaspoonful Salt 4 tablespoonfuls
 1 tablespoonful Melted Butter
 Sugar 1 cup Milk
 2 Eggs

Mix dry ingredients together, add Zo, add egg yolks well beaten, add milk and melted butter. Fold in beaten whites. This recipe serves six people.



BATTLE CREEK SANITARIUM

MALTED NUTS A delicious drink that may be quickly prepared, hot or iced, according to season. One of the finest strengthening and building foods, Malted Nuts is invaluable for growing children, nursing and expectant mothers; an ideal food for babies, as it is the nearest approach to breast milk ever discovered. Fine to sprinkle on foods in place of crushed nuts.

Contains twice as much iron as does cow's milk. Ounce for ounce it supplies more food iron than the best beefsteak and more protein than roast beef, chicken or fish. A boon to those who suffer from headache, constipation or "biliousness" when they take milk.

- RECIPES -

MALTED NUTS CUSTARD

$\frac{3}{4}$ cup Malted Nuts or $3\frac{1}{2}$ ozs. $\frac{1}{2}$ teaspoonful Pinch of Salt
 $\frac{1}{2}$ cup Hot Water Vanilla
 $1\frac{1}{4}$ cups Hot Milk Dessert spoonful of Meltose
2 Eggs (Malt Honey)

Dissolve the malted nuts in the hot water, add the beaten eggs and hot milk, malt honey, salt and vanilla. Pour it into custard cups and place in a pan of hot water. Bake in a hot oven until firm.

MALTED NUTS CREAM

1 cup Malted Nuts 1 cup Hot Water
 $\frac{1}{4}$ cup Cream
Dissolve the Malted Nuts in hot water and add the cream.

Fruit salads, puddings and short-cakes are delightfully improved by a sprinkling of Malted Nuts. And whenever ice cream is served you have instantly a mouth-watering sundae when Malted Nuts garnish the dish. Desserts are far more in-

triguing with this food delicacy added.

HOT MALTED NUTS

1 cup Hot Water $\frac{1}{8}$ teaspoonful Salt
2 heaping tablespoonfuls Malted Nuts
1 teaspoonful Meltose or Sugar

Dissolve the Malted Nuts in boiling water. Add salt and sweetening.



HEALTH FOODS FOR EVERYBODY

NUTTOLENE A nut meat product having the consistency of cream cheese, a meaty flavor and composition. Makes delectable croquettes, cutlets, and stews. Also used as a sandwich spread.

SANITARIUM COOKED BRAN is prepared from high grade wheat bran. Just the largest particles or flakes are used. That's why it's most effective in combating constipation. Eat it with your favorite cereal. Makes delicious muffins and bread.

MINUTE BREW Delicious cereal beverage made entirely from grains. No coffee distress if you drink Minute Brew. You'll like its rich captivating flavor. Economical—four ounce can makes sixty-five cups.

- RECIPES -

NUTTOLENE CROQUETTES

- 1 cup Milk $\frac{2\frac{1}{4}}$ teaspoonfuls
- 4 tablespoonfuls Grated Onion
- Flour $\frac{1}{2}$ teaspoonful
- 2 tablespoonfuls Celery Salt
- Butter $\frac{1}{4}$ cup Rice Flakes
- $\frac{1}{2}$ teaspoonful Salt or Corn Flakes
- 1 pound Nuttolen 1 cup ZO
- 1 Egg

Make a White Sauce of the milk, flour, butter and salt, seasoning with the onion and celery salt. Cut the Nuttolen into half-inch cubes and toast in the oven; add the toasted

Nuttolen to the White Sauce and form into croquettes. Dip in the beaten egg, then in crumbs and repeat. Bake in a quick oven.

BRAN MUFFINS

- 1 cup San. Cooked $\frac{1}{4}$ cups Milk
- Bran 1 cup Flour
- 2 teaspoonfuls 1 tablespoonful
- Baking Powder Melted Butter
- $\frac{1}{4}$ cup Sugar 1 Egg
- $\frac{1}{8}$ teaspoonful Salt

Beat shortening, egg and sugar together until creamy. Sift flour, baking

powder and salt together three times and add bran. Add milk to first mixture and then add dry ingredients gradually. Mix thoroughly and bake in greased gem pan in a hot oven for 20 minutes.

MINUTE BREW

- $\frac{3}{4}$ teaspoonfuls Minute Brew
- 1 cup Boiling Water

Place the Minute Brew in the cup and pour the boiling water over it. Serve at once with cream and sugar as desired.



BATTLE CREEK S A N I T A R I U M

FIG BRAN FLAKES Ripe California figs blended with choice wheat bran and vitaminized with Savita, the yeast extract. Rolled into flakes, then toasted golden brown. Delicious flavor! Children love them. Try a package today.

MARMALADES that make the mouth water! Prepared from genuine fruit and fruit juices; White Fig, Black Fig and Prune Marmalade; you'll never tire of them! Most healthful because sweetened with Meltose sugar. Even invalids can enjoy them without injury.

Do You Know the REAL Whole Wheat Flour? There are half wheat flours and whole wheat flours, but there's only one 100% Battle Creek Stone Ground Whole Wheat Flour; possessing the native food salts of the harvest wheat, plus the valued vitamins. Try it; you'll want it always!

- RECIPES -

WHOLE WHEAT MUFFINS

- 1 Egg $\frac{1}{2}$ teaspoonful Salt
- 2 tablespoonfuls $1\frac{1}{2}$ cups Milk
- Butter $2\frac{1}{2}$ cups Whole
- 2 tablespoonfuls Wheat Flour
- Sugar
- 4 level teaspoonfuls Baking Powder

Beat the sugar and butter until creamy; add egg well-beaten, then the milk, flour, baking powder and salt. Bake in hot oven 25 minutes. Yield: 1 dozen muffins.

FIG BRAN FLAKE MACAROONS

- 2 cups Fig Bran
- 4 Egg Whites
- Flakes
- 1 cup Sugar
- 1 cup shredded $\frac{1}{4}$ level teaspoonful
- Cocoanut Salt
- 1 cup Nutmeats, $\frac{1}{4}$ level teaspoonful
- cut fine Baking Powder

Beat egg whites very stiff. Add sugar slowly; continue beating until mixture becomes creamy. Add rest of ingredients and drop from end of spoon on greased baking sheet. Bake in moderate oven, a light brown color. This requires from twenty-five to thirty minutes.

WHOLE WHEAT SUNSHINE COOKIES

- 1 cup Sugar
- 1 Egg
- $\frac{3}{4}$ cup Crisco
- $\frac{1}{4}$ cup Milk
- 1 teaspoonful Vanilla
- 1 teaspoonful Soda
- 3 cups Whole Wheat Flour

Mix sugar, egg and Crisco together, add milk, vanilla, soda, whole wheat flour. Mix lightly. Roll out like ordinary cookies and bake in moderate oven. Yield—three dozen cookies.



HEALTH FOODS FOR EVERYBODY

SANITARIUM GLUTEN FLOUR—44.81%—A wheat flour which contains only half the starch of ordinary flour. Makes excellent bread and muffins. Used in the reducing diet. Invaluable to the diabetic.

GLUTEN BISCUIT—40%—To reduce—try eating Gluten Biscuit in place of bread. Contains less than half the starch of ordinary bread, and rich in food iron and lime. To keep up strength while reducing weight. *Pure Gluten Biscuit, too, with starch content less than 5%. Fine for diabetics.*

GLUTEN MEAL 20% Thoroughly cooked—may be instantly made into mush or gruel by adding hot water or milk. "Gluten gruel" does not tax the digestion, hence is recommended for feeding infants and the sick. Not a diabetic food.

• RECIPES •

GLUTEN BREAD

- 2 1/3 cups 44.81% Gluten Flour
- 1/2 teaspoonful Salt
- 1 Yeast Cake (Compressed)
- 1 cup Warm Water

Soak yeast in two tablespoonfuls of additional water. When softened, add remainder of water and salt. Add the flour and knead thoroughly for at least 20 min. Mold, place in a buttered pan and let rise at ordinary kitchen temperature until loaf has doubled its bulk. Then place carefully in oven but do not turn on gas full force.

Bake in moderate oven from 45 min. to 1 hr. Makes one small loaf.

GLUTEN BRAN PUFFS

- 1/2 teaspoonful Soda 1 Egg
- 1 cup Prepared Bran (starchless) 3/4 cup Buttermilk
- 3/4 cup Milk
- 1 cup Gluten Flour

Beat the egg, add the buttermilk and cream. With the Gluten Flour sift the salt and soda and mix with the bran. Combine with the first mixture. Beat well and bake in hot iron gem tins in a quick oven.

GLUTEN BRAN BREAD

- 4 Eggs 1 cup 44.81% Gluten Flour
- 1 cup thick Yogurt 2 cups Prepared Buttermilk or Sour Milk
- 1 cup Chopped Almonds 1 teaspoonful Butter
- 1/2 teaspoonful Salt 1 Tsp. Soda

Beat the eggs, add the Yogurt buttermilk, nuts, flour, bran, soda, salt and butter. Mix and bake in a loaf in a moderate oven forty minutes. This amount makes one loaf.



BATTLE CREEK SANITARIUM

SANITARIUM CANNED FRUITS are prepared without sugar or salt. Hence are invaluable to the obese and diabetic. Varieties: Apple Sauce, Apricots, Blackberries, Cherries, red sour, Cherries, white, Figs, Grape Fruit, Peaches, Pears, Pineapple, Black Raspberries, Red Raspberries and Strawberries.

SOY MEAL Made into bread, muffins, griddle cakes, etc., has a palatable nut-like flavor, rich in protein and free from starch. Invaluable in the diabetic's diet.

SOY BISCUIT The better bread for those suffering from diabetes. Contains no starch but is rich in protein. Should by all means be included in the reducing diet.

PREPARED BRAN Starchless. Choice wheat bran with the starch removed. Can be used as a breakfast cereal or in baking. Recipes on package. For the diabetic and those who wish to reduce. Rich in iron and lime.

- RECIPES -

GLUTEN BRAN PUFFS (Diabetic)

1 cup Prepared Bran (starchless)
1 Egg $\frac{1}{4}$ cup Cream
 $\frac{1}{2}$ teaspoonful Soda 1 cup Gluten Flour
 $\frac{3}{4}$ cup Buttermilk $\frac{1}{4}$ teaspoonful Salt
Beat the egg, add the buttermilk and cream, with the Gluten Flour sift the salt and soda and mix with the Prepared Bran. Combine with the first mixture. Beat well and bake in hot iron gem tins in a quick oven.

SCOTCH BRAN BROSE (Diabetic)

1 cup Rolled Oats $2\frac{1}{2}$ cups Water
1 cup Prepared Bran 1 Tsp. Salt
Heat the water to boiling. Add the salt, Prepared Bran and rolled oats. Let boil ten minutes.

A pleasing dish with a liberal supply of beneficial nutriment.

SOY MEAL MUFFINS

1 cup Soy Bean $\frac{1}{2}$ teaspoonful Salt
Meal 1 Egg
2 teaspoonfuls $\frac{1}{2}$ cup Cream
Baking Powder 1 cup Milk

Mix the dry ingredients thoroughly. Add the milk, cream and well beaten egg. Drop into the oiled muffin pans and bake slowly until brown—about thirty minutes.



HEALTH FOODS FOR EVERYBODY

TOASTED RICE BISCUIT Natural unpolished rice, flaked, then toasted a delicate brown, in biscuit form. Mighty good to eat with cream or fruit juices. Nourishing, very easily digested. Fine for invalids or growing kiddies.

TOASTED RICE FLAKES If you like flakes, you'll be especially fond of these Rice Flakes, for they retain the real, natural flavor of the rice grain. You should try them! Wonderfully good with cream and Meltose sugar.

MELTLOSE SUGAR A natural sugar made from grains. Eat this healthful sweetener in place of cane sugar. Children can eat all they want—makes them grow healthy. Assists digestion and corrects acidity. You'll like it better than ordinary sugar.

RECIPES

CHOCOLATE CARAMELS

1 cup Meltose 2 tablespoonfuls
Sugar Cocoa
1½ tablespoonful ½ cup Milk
Butter Vanilla Flavoring

Put all the ingredients together in a sauce pan and cook slowly until thick enough to stick to the bottom of the pan or make a firm ball when dropped into ice water. Nuts may be added after removing from the fire. Pour into a buttered tin to cool.

BREADED PROTOSE WITH HOT APPLE SAUCE

(Individual Order)

Protose 1 slice
Egg

ZO
Butter

Cut the Protose in ¼ inch slices. Dip in beaten egg and then in ZO. Place in buttered pan and dot with tiny bits of butter on top. Bake in a slow oven one hour. Then increase the temperature until the Protose is

delicately brown. Serve with hot apple sauce.

BAKED PROTOSE

Slice Protose in three-fourths inch slices. Cut in half. Cover with Savita Broth. Bake in oven.



BATTLE CREEK SANITARIUM

GRAHAM CRACKERS Healthful crackers that contain more food value than ordinary white crackers. Try them with soups, or spread with jam. Sweetened and mildly laxative; also unsweetened for the reducing diet.

ALMOND BUTTER Choice sweet almonds ground to a smooth butter. By far the richest of all nut butters. Diluted many times, it makes delicious pie crust, soups, sandwiches, all with a nutlike flavor.

VEGETABLE GELATINE Cools and jellies at room temperature. None of the disadvantages of the gluey animal gelatine. Add any fresh timely fruits or flavors you like; the result will delight you! And look for the recipes within the package.

- RECIPES -

ALMOND SANDWICHES
(Blood-Building-Fattening)
8 Slices Whole Wheat Bread
Raisins; 4 tablespoons Almond Butter
1 tablespoonful Cooked Mayonnaise
Mix the Almond Butter, raisins and mayonnaise thoroughly and spread. The bread may be toasted or plain.

GRAPE JUICE GELATINE
2 tablespoonfuls Vegetable Gelatine
1 cup Hot Water $\frac{1}{2}$ cup Sugar
1 cup Water; 1 cup Pure Grape Juice

Soak Vegetable Gelatine in one qt. water for 15 min. Drain gelatine, boil in one cup of hot water, for 12 min.—or until clear. Strain through fine sieve, add grape juice, water, and sugar—stir well. Pour into moulds. Set in cool place. Allow $\frac{1}{2}$ hour for large moulds to solidify, and 15 min. for individual moulds. Adequate for 6 people. Serve with whipped cream.

PERFECTION SALAD
 $\frac{1}{2}$ cup Pimento; $\frac{1}{2}$ cup Lemon Juice

2 cups Celery; 1 cup chopped Almonds
 $1\frac{1}{2}$ cups sugar 1 cup Cold Water
 $1\frac{1}{2}$ cups Hot 1 tablespoon Salt
Water
1 oz. (1 $\frac{1}{3}$ box) Vegetable Gelatine
Chop pimentos, celery and nuts; add sugar, lemon juice and salt. Soak vegetable gelatine in the cold water, drain and add to boiling water. Strain and when slightly cooled add other ingredients. Turn into a wet mold. Serve with raw mayonnaise.



HEALTH FOODS FOR EVERYBODY

VITA BITS The laxative breakfast food, ready to eat. Crisp. Delicious. Contains one third bran but so skillfully hidden that you would not suspect its presence.

FIG BRAN Choice California figs, selected wheat bran, to which has been added Savita, the vitamin rich vegetable extract. The result, a happy combination—real flavor and an admirable means of overcoming constipation. Ready-to-eat as a cereal or try it for muffins, etc.

SANITARIUM CANNED FIGS From California's finest orchards. Especially valuable for the reducing diet and the diabetic. All the family will like this really delicious fruit. Mildly laxative. Packed without sugar—sweeten to taste.

- RECIPES -

FIG BRAN MUFFINS

- | | |
|-----------------------------|--------------------------------|
| 1 cup Flour | 1 teaspoonful Salt |
| 1 cup Fig Bran | 1 Egg |
| 1 tablespoonful Sugar | $\frac{1}{4}$ cup Milk |
| 5 teaspoonful Baking Powder | 3 tablespoonfuls Melted Butter |

Mix the Fig Bran, flour, salt, sugar and baking powder together. Beat egg, add milk and stir in dry ingredients. Beat well and add melted butter. Bake in hot muffin tins twenty to thirty minutes.

FIG BRAN FLAKE BROWNIES

- | | |
|----------------------------------|-----------------------------------|
| $\frac{1}{4}$ cup Butter | $\frac{1}{4}$ cup Sour Milk |
| $\frac{1}{2}$ cup Brown Sugar | $\frac{1}{4}$ cup Fig Bran Flakes |
| $\frac{1}{2}$ cup Walnuts | 1 cup Flour |
| $\frac{1}{4}$ cup Raisins | 1 teaspoonful Baking Powder |
| 1 $\frac{1}{3}$ square Chocolate | $\frac{1}{4}$ teaspoonful Soda |
| 1 Egg | $\frac{1}{4}$ teaspoonful Salt |
| 3 tablespoonfuls | Hot Water |

Cream the butter and sugar together. Add beaten egg. Mix well. Pour the hot water on the grated chocolate, and combine with the above mixture, together with the milk and Fig Bran Flakes. Then add the flour sifted with the Baking Powder, soda and salt. Add nuts and raisins and beat well. Drop on a buttered tin. Bake in a moderate oven (400 degrees). This amount gives two dozen small brownies.



BATTLE CREEK S A N I T A R I U M

VEGETABLE SOUP If you have used Savita, you already know why this vitamized Vegetable Soup has a piquancy other soups cannot have. Fresh from the fields, the choice vegetables used are prepared with utmost care in the way you would fix them in your own kitchen.

WHOLE WHEAT WAFERS 100% stone ground Whole Wheat Flour, fresh from the mill, gives these tasty crisp crackers a flavor that will delight you. All of the valuable mineral salts are retained, a real health wafer.

WHOLE WHEAT CREAM STICKS Just the thing to serve with the bouillon or salad. Finger-like strips of tasty whole wheat wafer, daintier than a square cracker. New, different! Try them once; you'll want them often.

YOGURT BUTTERMILK TABLETS Now you may make your own healthful buttermilk at home. Six Yogurt Buttermilk Tablets dissolved in a quart of fresh milk. Makes a delightful beverage with that tart tang for which the best grades of buttermilk are celebrated.

RIPE OLIVES have long been considered as an appetizer, but, owing to their nutritive value, there are many ways, long known to Californians, in which they may add to the menu. Fully ripened on the tree, they are wholesome and easy to digest.

HEALTH CANOPE

Cut hard cooked eggs in half, and remove yolks. Mix with salad dressing and refill the whites. Serve a half egg topped with a bit of parsley on a

thin slice of tomato, garnished around the edge with Ripe olives standing on end.

CANOPE

Mix grated American cheese with a

little cream and spread on rounds of toasted bread. Season with paprika, and place in a hot oven until golden brown. Remove from oven and sprinkle with chopped ripe olives.



HEALTH FOODS FOR EVERYBODY

LAXA A palatable biscuit of selected wheat bran, each particle having a coating of agar-agar, a vegetable gelatin, very efficient in keeping one regular. May be eaten as bread, with butter, nut butters or marmalades. Week's supply in package.

PARAMELS are chocolate-flavored caramels of purest paraffin oil, sweetened with malt sugar. A delightful way to secure that slight lubricant everyone needs. No anxiety if you try oil in this form.

LACTO DEXTRIN A pure food with a medicinal effect. This amazingly efficient product recommended everywhere by physicians. It drives out the poisons which cause headaches, biliousness, halitosis, bad complexion and many other ills. For a new realization of what health can be, try Lacto Dextrin!

PSYLLA A remarkable little seed that has an amazing property—when covered with any liquid it opens, forms a tasteless jelly, the covering acts like agar or bran, thus it is both bulk and lubricant, two essentials to regular elimination.

Laxative Menu

BREAKFAST

Orange Juice Stewed Figs
Branola Thin Cream
Cereal Coffee
One or two Paramels

LUNCHEON

Vegetable Soup
Celery Hearts
Salad
Cooked Prunes stuffed
with Cottage Cheese
Buttermilk
Baked Apple
One or two Paramels

DINNER

Savita Tomato Soup
Laxa Biscuit
Baked Potato Baked Squash
Buttered Carrots and Peas
Waldorf Salad
Fresh Fruit Cup
Buttermilk One or two Paramels



BATTLE CREEK SANITARIUM

PARALAX A peppermint flavored emulsion of pure mineral oil the consistency of rich cream. Children really do like it. May be used continuously for as long as necessary with no bad effects.

PARALAX WITH AGAR We recommend it to those who require an efficient laxative, but whose fastidious taste rebels against the use of ordinary mineral oil. Contains more agar than similar products. Reducing.

PARAFFIN OIL Regularity is the keynote of personal efficiency and well being. So much physical distress can be prevented if the intestinal tract is kept active. Specially purified paraffin oil supplies a cleansing, healing, non-habit forming lubricant.

AGAR flaked, supplies to the intestine the bulk necessary to secure normal activity. May be used continuously without harm and is of great help in overcoming chronic constipation. Excellent for the overweight, being both laxative and flesh reducing.

COLAX Pure agar in biscuit form. Palatable. Efficient. A natural laxative which combats constipation by giving proper bulk to the bowel content. A week's supply in each package.

RAISIN BRAN MUFFINS

- | | |
|------------------|--------------------|
| 4 tablespoons | 2 cups Sanitarium |
| Shortening | Cooked Bran |
| 1/3 cup Sugar | 2 cups Flour |
| 2 Eggs | 1 teaspoonful Soda |
| 2 cups Sour Milk | 2 teaspoonfuls |
| | Baking Powder |

1 cup Raisins 1/4 teaspoonful Salt

Cream the shortening and sugar together, add eggs. Mix and sift flour, soda, salt and baking powder. To the creamed mixture, add the Bran, then alternately with the sifted dry ingredients. Pour into greased baking tins

and bake in a moderate oven (370 degrees Fahrenheit) for twenty minutes. This recipe will make two dozen muffins. If sweet milk is used instead of sour milk, leave out the soda and increase the amount of baking powder to six teaspoonfuls.



HEALTH FOODS FOR EVERYBODY

ZWIEBACK Twice-baked whole wheat bread. Thin, crisp slices. So convenient to use with poached egg, jam or cut in strips for croutons. Healthful.

BRANOLA A hot cereal with a different flavor. The children like it, it keeps them regular and gives them a keen appetite. More food iron and lime than whole wheat.

BREAKFAST TOAST Like Zwieback, this convenient breadstuff should find a place on your table. Why not try it tomorrow morning?

PRESERVED FIGS Choice Kadota figs which are noted for their freedom from seeds. Preserved in Meltose Sugar. Healthful and delectable.

- RECIPES -

BRANOLA

(very laxative)

1 cup Branola 1 cup Boiling Water
Salt

Stir Branola into boiling water. Cook over open fire until thickened. Place in double boiler, cook fifteen minutes. One-half cup of stewed raisins may be added.

BRAN NUT BREAD

4 Eggs 2 tablespoonfuls
1 cup Sour Milk Brown Sugar
1 cup Walnuts 1 cup Flour
 $\frac{1}{2}$ teaspoon Salt 2 cups Bran
 $\frac{1}{2}$ teaspoon Soda
2 tablespoonfuls Butter or other Shortening

Beat eggs, add sour milk. Sift flour, soda and salt together, add bran; stir into the liquid. Add melted butter. Fold in chopped nuts. Bake in moderate oven 40 minutes.

FIG AND NUT SANDWICHES

$\frac{1}{2}$ cup Fig Marmalade
3 tablespoonfuls Boiled Dressing
 $\frac{1}{2}$ cup finely chopped Pecan Meats

Add to the Fig Marmalade the chopped nuts. Mix in the boiled dressing. Spread on thinly sliced bran bread.



BATTLE CREEK SANITARIUM

KAFFIR TEA If you like tea, yet desire to avoid its undesirable qualities, try this tea from Africa. No tannin or caffeine in this cup. You can drink "to your health" with Kaffir Tea.

HEALTH KOKO The kind of hot drink the children should have. By a special process we are able to remove the theobromin, a drug found in ordinary cocoa. No smoke poisons, either. Try it.

FRUIT CRACKERS We'll wager you will say this is the nicest cracker you've eaten. Choice raisins enfolded with real whole wheat biscuit; a treat you'll appreciate. Why not order a package now?

- RECIPES -

KAFFIR TEA

1 teaspoonful Kaffir Tea
1 cup Water

Place the dry tea in small strainer and pour the boiling water over it. It should never be boiled.

Important: the water should be freshly heated, as water which has been boiled for some time has a very insipid taste. Let stand a few seconds and pour. Serve with cream and sugar as desired, or with a slice of lemon.

HEALTH KOKO

$\frac{1}{4}$ cup Health Koko $\frac{1}{4}$ cup Sugar
1 cup Water
3 cups Milk

Mix Koko and sugar and water. Boil five minutes; turn in milk and let come to the scalding point. Then beat until foamy with a dower egg beater to prevent the formation of a scum. A few drops of vanilla gives a nice flavor.

DAINTY SANDWICHES

Dainty round sandwiches to serve with Health Koko may be made as follows: Cut rounds of thinly sliced white and whole wheat bread. Spread with Savita-cream cheese and nut filling. Put the two rounds of bread together and place a walnut on top of each. The Savita-cheese recipe is given on page 3.



HEALTH FOODS FOR EVERYBODY

GOOD HEALTH BISCUIT A crisp, flaky biscuit made from a combination of grains. Serve with fresh fruit, or cream and sugar. A pleasant change for your breakfast table.

GRANOSE BISCUIT Whole wheat flakes, pressed into biscuit form, then toasted a delicate brown. Try them with cream and sugar, or fruit juices. Perhaps this is the way you'll like your bran and vitamins.

TOASTED WHEAT FLAKES If your family tires of corn flakes or bran flakes, try these flakes of the entire wheat grain, toasted. We know you'll like them.

- RECIPES -

HEALTH SANDWICHES

18 slices Whole Wheat Bread
4 Tomatoes $\frac{1}{4}$ pound Protose
1 Head Lettuce Mayonnaise

Between two slices of the toasted whole wheat bread put sliced tomato and shredded lettuce and add mayonnaise. On the next layer spread thin slice of Protose and shredded lettuce with mayonnaise. Place third slice of toast on top. Keep the toast hot until ready to serve.

PROTOSE SANDWICHES

$\frac{1}{2}$ lb. can Protose 1 small Onion
 $\frac{1}{2}$ teaspoonful Salt 1 loaf Whole
Juice of $\frac{1}{2}$ Lemon Wheat Bread
 $\frac{1}{2}$ cup Boiled $\frac{3}{4}$ cup Butter
Dressing $\frac{1}{4}$ lb. crisp Lettuce

Mince Protose and onion. Mix well with seasoning and lemon juice; add dressing. Butter bread and spread filling between slices with crisp lettuce leaf. Cut into desired shape.

SAVITA-CHEESE RIBBON SANDWICHES

These are composed of four to six very thin slices of whole wheat and white bread, with a Savita cream cheese and nut filling between each two slices. Press the layers firmly down on one another and slice them downward to secure a "cross-section" sandwich. These can be served either plain or toasted.



BATTLE CREEK S A N I T A R I U M

HEALTH CHOCOLATES A delicious surprise. A chocolate as delightful as any you've ever eaten, yet you can eat as many as you want, without harm. Chewy malt honey centers coated with rich chocolate.

FIG AND NUT BROMOSE Rich caramels made of choice nuts, ripe California figs and malt honey. A fine fattening food. *Nut Bromose does not contain the figs.*

NUT BAR A handy bar of the same delicious composition as the Health Chocolates, topped with choice pecans. No cane sugar. Good for the kiddies.

- - Gaining Diet - -

BREAKFAST

Orange Juice
Vita Wheat with Dates
Cream
Bran Nut Muffins
Meltose Honey
Hot Malted Nuts

LUNCHEON

Savita Vegetable Soup
Bran Biscuits
Baked Stuffed Potato
Cheese Soufle
Head Lettuce and
Thousand Island
Dressing
Fruit Cup with
Whipped Cream

DINNER

Fresh Fruit Cocktail
Scalloped Potatoes
Protose Balls
with Cream Sauce
Buttered Carrots
Date and Nut Salad
Malted Nuts Custard

Give the Children All They Want!

Here is a real Health Chocolate—they can eat as many as they want. Chewy malt honey centers, coated with the finest chocolate the market provides. Everyone likes these chocolates, they're so good!



HEALTH FOODS FOR EVERYBODY

CERO VITA FLAKES are a combination of choice grains, noted for their real food value and flavor. They will give you the energy to "carry on" 'till luncheon. Ready-to-serve, as you would other flakes. Try them.

GRANUTO Like sweet nut kernels are these Granuto tidbits; a toothsome cereal that can also be used in soups and puddings. It's a satisfaction to crunch the little nuggets of nutrition. Ready to eat with the addition of cream and sugar.

GRANOLA Many grandmothers and granddads remember Granola as the first ready-to-eat breakfast food made. The years have only verified their first endorsement of its goodness. Blended from selected grains.

- RECIPES -

HEALTH WAFFLES

- | | |
|--------------------|------------------|
| ¾ cup Whole | 2 teaspoonfuls |
| Wheat Flour | Baking Powder |
| ¾ cup White | 4 tablespoonfuls |
| Flour | Melted Butter |
| ½ teaspoonful Salt | 1 cup Milk |
| 1 tablespoonful | 2 Eggs |
| Sugar | ½ cup Zo |

Mix dry ingredients together—add yolks well beaten, milk and melted butter. Then fold in beaten whites.

GRANOLA FRUIT MUSH

- | | |
|----------------|---------------|
| 1 pint Water | ½ cup Raisins |
| 1 pint Granola | |

Clean and steam the raisins, wash and add to the hot water. Bring to the boiling point, and cook a few minutes to soften the raisins. Add the Granola and cook two to four minutes.

WHOLE WHEAT MUFFINS

- | | |
|------------------|--------------------|
| 1 Egg | 2 tablespoonfuls |
| 2 tablespoonfuls | Sugar |
| Butter | ½ teaspoonful Salt |
| 1½ cups Milk | |

2½ cups Whole Wheat Flour
4 level teaspoonfuls Baking Powder
Beat the sugar and butter until creamy; add egg well-beaten, then the milk; sifted flour, baking powder and salt. Bake in hot oven 25 minutes. Yield—1 dozen muffins.



BATTLE CREEK SANITARIUM

COOKED WHOLE WHEAT No better beginning for the day than a bowl of Cooked Whole Wheat; moist, tender whole grains, with the natural jacket of bran. A wonderful natural stimulus to regularity.

BROSE We all know that the hardy Scotch Highlanders are "brought up" on Bran Brose. Here it is. Try it with dates, figs, or raisins, and cream. A hot cereal you'll enjoy. Keeps you regular, too.

VITA WHEAT If you like a smooth, creamy hot cereal, yet want all-of-the-wheat, Vita Wheat fills the bill. A flavor that can't be duplicated. You'll be glad you tried it!

- RECIPES -

COOKED WHEAT AND PINEAPPLE SALAD

Crisp leaf of lettuce, garnishing plate. Leaf of pineapple.

Two tablespoonfuls of Sanitarium Cooked Whole Wheat. Tablespoonful of Mayonnaise. 1 Maraschino Cherry.

Place lettuce on salad plate and ring of pineapple, fill hole of pineapple with Cooked Wheat, shaping wheat into cone by pressing firmly together, arrange mayonnaise through pastry

tube in rosette, if tube is available. Top with red Maraschino cherry.

Crushed pineapple serves as well and just a dash of mayonnaise from a spoon.

VITA WHEAT WITH DATES

1½ cup Vita Wheat 2 cups Boiling Water
1½ teaspoonful ¾ cups Dates
Salt

Stir Vita Wheat into the boiling

salt water, cook fifteen to twenty minutes in a double boiler, after cooking a few minutes over the open fire. One-half cup of stewed raisins or three-quarters of a cup of chopped dates may be added to the cooked cereal.

BROSE

1 cup Brose 2 cups Boiling Water
Salt
Boil fifteen minutes. Serve with cream or fresh fruit.



You

Should Have These Booklets

Healthful Living

The Battle Creek Diet Book. Sixty pages of fundamental facts about food and feeding.

Moving Problem

How to combat constipation by eating proper foods. No drugs. The natural, easy way to prevent constipation.

Savita

A complete discussion of this new food-flavor. How discovered. Recipes. Tables of food values as discovered in the Nutrition Laboratories.

Colitis

An interesting discussion of this common and increasing American disease.

Girth Control

A sure method of reducing weight comfortably. Explains methods used at Battle Creek.

100% Blood

Explains the Battle Creek method of blood-building. For the anemic, undernourished children and those seeking better health.

What to Eat in Diabetes

Recipes, menus, tables, rules. Just what a Diabetic needs to know about Foods and Feeding.

The Intestinal Flora

What is the Intestinal Flora? Why it needs to be changed. The Lacto Dextrin method. Bills of fare.



The Authorized Dealer whose name is given on the cover of this booklet will gladly present you with your copy of any of them, without charge, or write to The Battle Creek Food Company, Battle Creek, Michigan. ¶ If you are interested in special diet information, address Ida Jean Kain, Chief Dietitian, care of above address. There is no charge for this service.



"Good Cheer"

IN your home good cheer, health, comfort depend so much on the foods you serve. There's a world of "good-cheer" quality in Battle Creek Sanitarium Health Foods. They build health because they contain the elements of balanced, healthful nutrition. Serve them today—every day—and see for yourself what a difference right eating makes in family cheer, health and happiness.

Through the years these products have increased in good reputation. Intelligent families have come to prefer them both on account of their satisfying, appetizing virtues and the clearly defined improvement in health and efficiency resulting from their use. Since these are the great essentials, we are confident that you, too, will appreciate the advantages of Battle Creek Health Foods and enjoy them from day to day.



BATTLE CREEK
SANITARIUM
HEALTH FOODS
for Everybody